

Week 6 | Term 1 | 2024

Parklife

NEWSLETTER

From the Principals Desk

Welcome to the 2024 school year and a special welcome to all of the new families of the St Johns Park High School community. I wish our new Year 7 students a fabulous start to high school life and I am pleased to see all year groups have quickly settled into their new routines.

I would like to take this opportunity to thank our Police Youth Engagement Officer, Constable Glen Clark for presenting to our students a range of appropriate online safety behaviours and behavioural expectations in the community. This included keeping personal information private, cyber harassment, common assault, sharing appropriate photos and where to get help if needed. All students were responsive and engaged in this extremely informative presentation.

Every year I am reminded of how privileged I am to be leading this wonderful community. I look forward to building on last year's achievements and continuing our focus on improving outcomes for all students. At St Johns Park High School, we encourage a personalised learning environment where all our students have the opportunity to pursue their interest, skills and passions to achieve their personal best. All teachers at our school set high expectations and pursue innovation to drive strong student educational outcomes whilst working in partnership with families and the wider community.

Finally, I want to again remind our community we are a uniform school. Some immediate benefits from all students wearing uniform, include fewer distractions, social exclusion and bullying as students do not need to be worrying about what they and others are wearing. Please support us in ensuring your child comes to school in the correct uniform and understands the value of us being a uniform school. For further information please visit our school website, [here](#).



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- Year 7 Orientation Week
- Classroom Features
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- Presentation Evening 2023
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Important Dates

- Tuesday 5 March - Open Night
- Wednesday 6 March - Zone Swimming Carnival
- Friday 8 March - Young Women's Leadership Seminar
- Tuesday 12 March - Student Assistance Evening
- Wednesday 13 March - NAPLAN commences
- Thursday 21 March - Youth Leadership Conference
- Thursday 4 April - School Athletics Carnival
- Tuesday 9 April - Multicultural Day
- Friday 12 April - Last day of Term 1



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Welcome to 2024

We warmly welcome back our students and their families. We would like to extend a special welcome to our 150+ new Year 7 students and our many new enrolments to the 2024 school year. We look forward to working closely with you to support the learning of your child. This year has gotten off to a positive start and it is going to be a fantastic one.

Year 7

Our new Year 7 students have made a great start to their high school journey. Thank you to our Year Advisors Ms Shana Huzairan and Ms Antoinette Gravante who have delivered an outstanding Orientation Week program. Students have now begun subject-specific learning and have been placed into academic classes for the year. They will start to settle into a learning routine/ pattern and become more familiar with their surroundings, their teachers and the expectations of the school.

Student medical information

Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops. Information about allergies, asthma, diabetes and other healthcare-related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your child's health needs or as otherwise required by law.

Staying up to date

Our school has a number of different ways that you can keep up to date:

- School App - School Stream
- Facebook - @STJOHNSPKHS
- Instagram - @stjohnsparkhs
- X - @SJPHS
- Parklife e-Newsletter
- Parental Portal on Sentral (useful for tracking student attendance)

We look forward to working closely with our families and communities to support the learning of your child. We wish all our students a wonderful school year.



Dep. Principal

Ms Nicole Sullivan
(M, Tu, W, Th)



R/ Dep. Principal

Ms Donna Draper
(Tu, F)



R/ Dep. Principal

Mr Paul De Carli



Dep. Principal

Ms Renee Carniato
(Tu, W, Th)



R/ Dep. Principal

Ms Tina Mutschall
(M, Tu, F)



Dep. Principal

Mr Steven Daoud



Student Wellbeing

Providing a safe and supportive environment for students

The welfare of the students at St Johns Park High School is one of our highest priorities. Students who feel they are supported, respected, and appreciated, have positive self-esteem and a sense of positive wellbeing. We want our students to feel supported, appreciated, and rewarded for their successes. Every staff member at St Johns Park High School plays a role in the welfare of our students. Our Office Staff are often the first 'port of call' for our parents when they contact the school, and these staff members find the best person to help your child. Students needing assistance of any type can always approach any staff member for help.

Year Advisors

Each year group has two Year Advisors to care for the needs of students. Any information which will affect the student's ability to participate in school should be directed to the Year Advisors. The Year Advisors at St Johns Park High School are all dedicated and excellent classroom teachers who have a special affinity with their students' wellbeing and want to enhance their experiences at school.

The Year Advisors care for their student's educational, physical, emotional, and social wellbeing. They organise School Camps and/or Welfare Days for their year to address areas of need or interest to the year group. These days can include performances, presentations, and role-plays. They organise Incentive Day which rewards the outstanding efforts of our students. Students who achieve Level 4 & 5 in the Level System and have not moved to level 2, are invited to the Incentive Day, where students spend the day at Raging Waters with the costs being subsidised by the school.

YEAR 7



Ms S Huzairan



Ms A Gravante

YEAR 8



Ms A Pavlovic



Mr B Soliman

YEAR 9



Mr J Suifili



Mr Y El Abbas

YEAR 10



Mr
J Phanthavong



Ms
A Radmanovic

YEAR 11



Mr B Koboroff



Ms D Baldi

YEAR 12



Ms H Magiropolous



Mr K Ostojic



School Counsellors

In addition to the Year Advisors, St Johns Park High School has School Counsellors most days a week. Our Senior School Psychologist is **Mr Ruslan Epoff**.



Allied Health Professionals

St Johns Park High School employs specialist allied health professionals. These therapists work with individual and small groups of students to help improve the student's learning and emotional resilience. Referral to these therapists can be by parents/caregivers, teachers, the Learning & Support Team or by the student themselves.

Speech Pathologists work with teenagers with language difficulties, oral and reading comprehension issues, written expression, learning new words and the hidden curriculum.

School-based occupational therapists are concerned with assisting children and adolescents through various interventions to succeed in their role as a student. These may include various, targeted interventions focusing on fine and gross motor skills, visual and sensory processing, and social skills.

Dietitians work with individuals and groups of students around healthy eating choices, and how this affects student wellbeing and long term health, and academic performance.

Our Art Therapist - **Pensri Rowe**, works with students from all year groups, either as individuals or in groups. The students use art as a therapeutic tool to discuss issues concerning their wellbeing, feelings, and peer relationships, in a non-judgemental and safe environment.

Student Assistance Evening

Our school participates in the Government's Student Assistance Scheme, which provides financial assistance for educational costs to families who may be suffering financial hardship. Assistance can be sought for school uniform items and course fees.

Year Advisors will be available on **Tuesday 12 March, 2024** to conduct Student Assistance Interviews. These will be held between 3:00 pm and 5:00 pm in the school library and will only be held with the parents or legal guardians of the student. If you are in genuine need of assistance, please contact the school office on (02) 9610 8035 to book an appointment.

Dental Clinic

Our students have been visited by Globe Mobile Roaming Dental Clinics during February. These clinics have provided free dental checks for students whose families receive the Medicare rebate Family Part A through Centrelink, or the opportunity for a reduced cost check up for any other students.

Optical Clinic

The Student Eyecare Program will be running at the school in Term 1, from **Monday 11 March - Friday 5 April, 2024**. An optometrist will be onsite during school hours to provide students with a **free comprehensive eye examination** that is covered through Medicare Australia.

1 in 6 students have eye conditions that go undetected. This is due to the high level of visual demand on their eyes from books, laptops, tablets and smartphones. Every student will receive a full report about their eye health and a prescription will be provided if glasses are required. The prescription can be taken to any optical store to get the glasses made. Don't miss out on this wonderful opportunity.

For more information, contact the school on 9610 8035.



Five ways to tame your social media use

Social media can be a tricky beast and it pays to know how best to manage your use of socials. It's not an easy thing to do, but reducing your usage will free up time to spend on other things and help you to be more focused. Here are five ways to make your socials work for you.

Keep apps out of sight, out of mind

Try moving your apps away from the home screen and into folders to avoid overindulging.

If you want to go one step further, you could delete the apps from your phone. Decide on a regular time for checking social media and don't log-in otherwise.

You can also turn off notifications for specific apps in your settings, so you're not constantly tempted to open apps. You could also turn off data (or switch your phone to airplane mode).

Use apps to help you limit your time on social media

Using an app to reduce your time spent on apps may seem ironic, but there are many apps and features that can help you to limit your social media use. Apps like Forest and Daywise allow you to schedule time during your day to receive notifications. Also, the Do Not Disturb feature on the iPhone silences all calls and notifications (such as vibrations or the screen lighting up) when the phone is locked.

Spend an hour a week on at least one screen-free hobby

There are plenty of hours in a day, and even more hours in a week! Pick a screen-free hobby and commit to spending an hour on it once a week. Join a yoga class, read a book, plant a herb garden or walk a friend's dog – anything that will be a solid break from your screen. After you've found something you enjoy spending time on, you can increase the hours, or branch out and add more activities.

During hobby time, switch your phone to Do Not Disturb mode (or turn it off completely) so you're not distracted. Research has shown that people who engage in hobbies related to the arts (performing arts, visual arts, reading, etc.) for two or more hours a week report significantly better mental wellbeing than other levels of engagement.

Enjoy a phone-free dinner

The best part of going out to dinner is catching up with friends. You've put aside the time to spend with your friends so make the most of it!

Put your phone in your bag during dinner, rather than in your pocket, so you're not tempted by your notifications. Some people put the phones in the middle of the table, and the first person to use their phone, pays for everyone's food!

Leave your phone outside the bedroom

Sharing your bed with a bright and shiny phone is a guaranteed way to interrupt your sleep. Instead of scrolling through social media before hitting the pillow, try leaving your phone on the charger outside your bedroom.

When you want to take a break from social media during the day, put your phone away (in a bag or a cupboard) so you're not tempted to check it every two minutes.

Remember, it's all about baby steps. It's probably not realistic to try to go from spending two hours a day on social media to 20 minutes, all at once. You could reduce your time by ten minutes a day, and then check your progress in a week.



Revised Student Behaviour Policy

New Suspension and Expulsion Procedures

The NSW Department of Education's [revised Student Behaviour Policy](#) and [new Suspension and Expulsion Procedures](#), came into effect at the start of Term 1 2024.

The policy and procedures support an inclusive and safe learning environment for your child, staff and every child in NSW public schools.

With the revisions to the policy, we now have clarity and consistency of how we manage disruptive and challenging student behaviour in the classroom, so our teachers can teach, and our students can learn.

The guidelines allow us to work closer together with you to support your child to behave positively and respectfully and when developing individual plans with clear expectations, so they can achieve their best.

We have many practices in place to help our students engage respectfully with each other and their learning. You can find out more about these and advice and support strategies to help you work with their us to achieve positive outcomes for your child through the department's [Behaviour Support Toolkit](#).

Violence in our school is never acceptable. Suspension is a critical safeguard for ensuring the safety of our students, teachers and staff.

The staff and I are reviewing our current approach in line with the revised policy and procedures and will share any changes we believe need to be made with you this term.

Parents and carers play an important role in the school community. We will continue to engage and communicate with you around our School Behaviour Support and Management Plan that outlines our school processes and practices moving forward.

Our school already takes a strong, positive, student-centred approach, and we look forward to continuing to work closely with you and all our families to maintaining a safe learning environment so our students can thrive.

For more information, all links can be found on our school website.



Premier's Reading Challenge

NSW 2024 Premier's Reading Challenge

The Premier's Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 10, in government, independent, Catholic and home schools.

The PRC rules have been updated for the 2024 challenge. For more information, visit their website, [here](#).

The Challenge Opens - **Monday 26 February, 2024**

The Challenge Closes - **Friday 23 August, 2024**

For more information, please come to the library.





Message from our School Captains

Welcome from the School Captains

Welcome to the 2024 school year at St Johns Park High School. As we embark on this new journey, the Student Representative Council is working hard to foster an environment where we can support our fellow students as well as the local community.

Recently, our prefects Cheal-C and Emily, alongside our SRC team successfully raised approximately \$700 for The Heart Foundation. This money goes towards cardiovascular research to help prevent heart disease. As a committee, we aim to further achieve outstanding results through various future events.

Looking ahead, we are planning one of our most looked forward to events of Term 1, Multicultural Day! This year, we aim to include as many cultures as possible, in the form of more stalls and activities, as well as encouraging students to showcase their cultural performances. Ultimately, we aim to accomplish a greater expression of multicultural diversity within our school.

In the following terms, we plan to create a greater positive impact both inside and outside the school by donating more to food banks and promoting more fundraisers towards new sports equipment. Stay tuned!

Finally, to our new Year 7 students, welcome to the St Johns Park High School community. Remember to take every opportunity you come across, whether it be recreational or academic. Let's make your first year a memorable experience!

Savvas Touma & Nidhi Sharma - School Captains

Pete Vongsikeo & Rachana Oeng - School Vice-Captains

Meet our School Captains and Vice-Captains for 2024



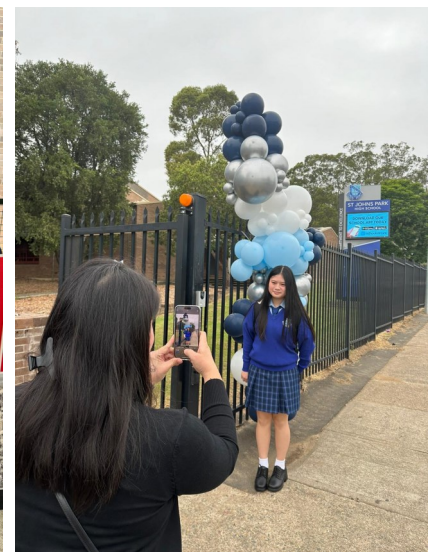
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Welcome Back Students

Welcome Students to 2024

We warmly welcomed back our students to a new year of school. We look forward to sharing the learning journey of our Year 7 students over the next six years!



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Welcome Back Students



*High standards and expectations
to drive excellence*



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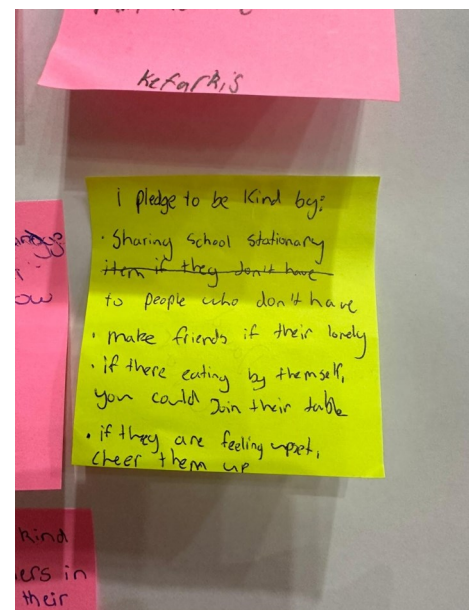
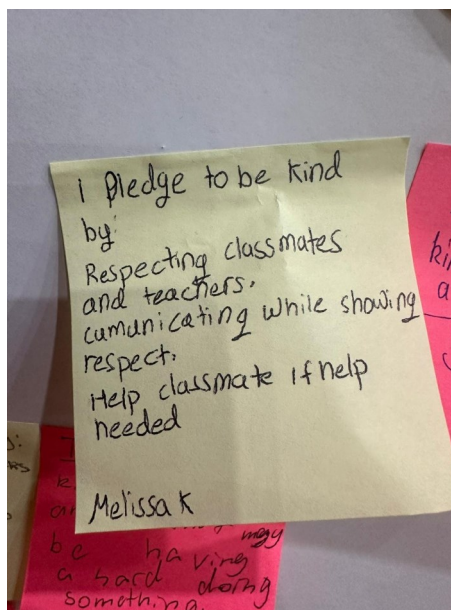
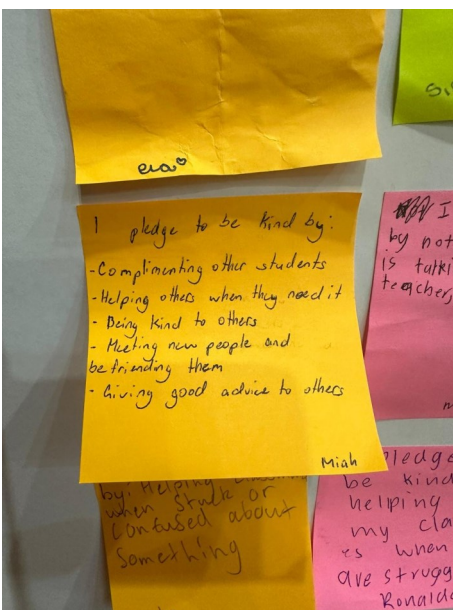
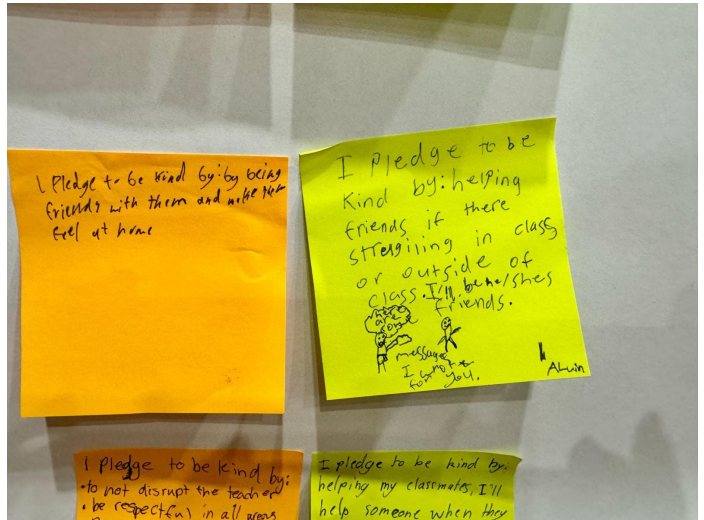


Year 7 Orientation Week

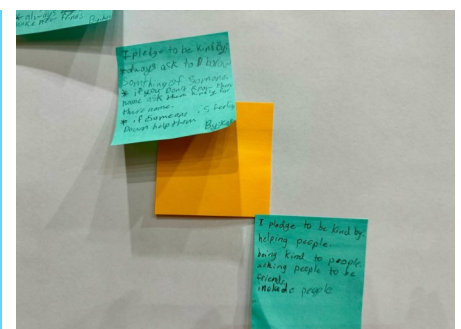
Year 7 Orientation Week

As part of the Orientation Week program, Year 7 focused on the values kindness and respect. Our Deputy Principal Ms Carniato asked "How will you show kindness to each other?" Our students also spent time understanding assessment tasks and schedules.

Thank you Senior Constable Glenn Clarke for talking to our Year 7 students about their rights and responsibilities when online and using social media.



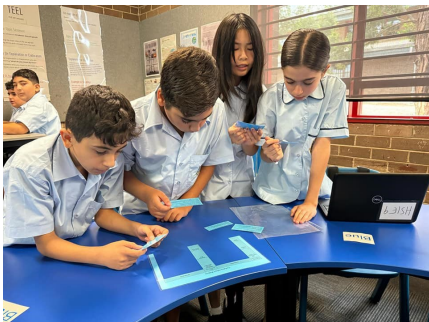
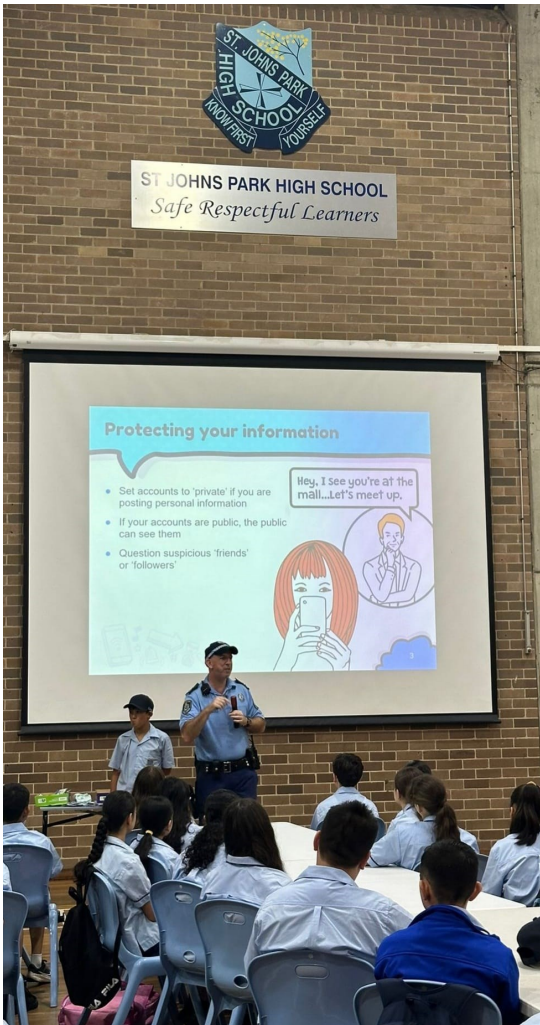
Encouraging a supportive and personalised learning environment where every student is known and cared for



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Year 7 Orientation Week



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Student Leadership Planning

Leadership by the Cowpasture - Student Planning

Students from our leadership teams were collaborating and planning for the Leadership by the Cowpasture event. We are ready to meet all of the student leaders in our school network soon!



Engaging with our network to promote an inclusive school community

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Leadership by the Cowpasture

Leadership by the Cowpasture 2024

Our student leaders hosted the Leadership by the Cowpasture today at Club Marconi. We met wonderful student leaders from our local network of high schools to support leaders from 14 primary schools into creating their action.

Thank you to the inspiring keynote speaker, Charisma Kaliyanda MP and Ms Marianne Siokos, Director Educational Leadership for opening the day. Thank you to our principal, Mr Moisidis and to Ms Waesch and Ms Le for organising this amazing opportunity.



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Classroom Feature - Year 9 Science

Ms Carniato's Year 9 Science class have been looking at our nervous system and the responses of our body. In this experiment, they tested the sensitivity of different parts of the hand and arm, "Could you detect if 2 points were 1, 2 or 3cm apart if blindfolded?" Students showed great collaboration, making sure that each member of the team had a specific role to play in conducting the task.



ArtExpress Excursion

On Tuesday 27 February, 28 Year 11 and 12 Visual Arts students travelled to the Art Gallery of New South Wales to view the ArtExpress exhibition. ArtExpress displays a selection of the most outstanding artworks of the 2023 HSC cohort. The students experienced artworks from all regions of NSW, across all media areas and came away with some exciting ideas for their own artmaking.

Along the way, students experienced the enormous bronze spider sculpture “Maman” by Louise Bourgeois, and the very aromatic spiced-filled polyamide fabric sculpture “Stockings and Spice” by Brazilian artist Ernesto Neto which Year 12 had previously studied.

For some students, it was their first experience of a world class art gallery. This experience has excited them to explore this and other galleries in the future.





Primary School Taster Lessons

Primary School Taster Lessons - Governor Philip King Public School

We welcomed students from Governor Philip King Public School for Art and Robotics lessons as part of our Primary School Links program.



*Providing students with an opportunity
pursue innovative learning*



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Primary School Taster Lessons

Primary School Taster Lessons - Bonnyrigg Public School

Welcome to St Johns Park High School, Bonnyrigg Public School! It was a absolute pleasure to have you enjoy the lessons provided by our wonderful staff and supported by our students.



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Presentation Evening 2023

Presentation Evening

Our Presentation Evening last year was a memorable evening celebrating our students' dedication, hard work and success. Congratulations to all deserving students on their achievements!

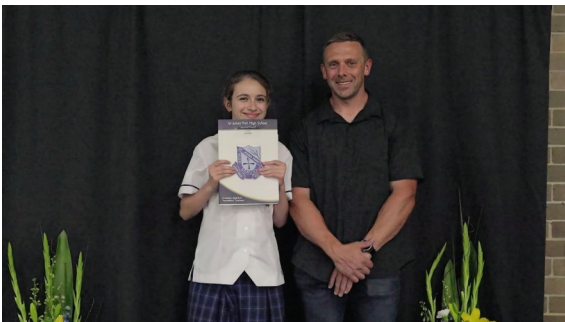
Thank you to all staff and guests involved in making this special night a success.



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Presentation Evening 2023



*Driving strong educational
outcomes for students to
achieve their best*

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Fit For Life is an early intervention program designed to engage youth who are at risk of poor choices and anti-social behaviour. Through physical fitness, nutrition and social engagement, Fit For Life aims to improve overall wellbeing as well as prevent and divert youth from offending behaviours.

Focusing on fitness, community engagement and positive growth, Fit For Life builds confidence, communication and leadership as well as establishing a foundation for a positive relationship between youths and the local Police.

Part of the Commissioner's Rise Up Strategy, Fit For Life is aimed at youth aged 10-17 years old and is inclusive of a morning fitness session, a healthy breakfast, transport to school and a rewards scheme. Fit For Life is a pathway with the potential to lead participants into more structured programs such as Fit For Work and Blue Star leadership programs.

This program runs: Cabramatta PCYC Thursday 7am - 8am (during school terms)
Train with Youth Engagement Officers from the NSW Police
It's FREE

Contact your local club to find out more:

Cabramatta PCYC
Cnr Railway Pde & McBurney Rd
Cabramatta
PH: 9727 8908



PCYC POLICE CITIZENS
YOUTH CLUBS NSW
FITFORLIFE
Proudly supported by the New South Wales Police Force





2023 Distinguished Achievers



**Congratulations to our
2023 Year 12 students
on their HSC results!**

At St Johns Park High School, we are proud to share with our community our outstanding HSC achievements for 2023. These phenomenal results speak volumes for the dedication of our students and the support they receive from the staff, their families and the community.

Well done to all our 2023
Year 12 Graduates!

ST JOHNS PARK HIGH SCHOOL

Year 12 Distinguished Achievers



Likaanorn Path
DUX
ATAR: 90.50
Biology
Physics



Nu Quynh Anh Le
Mathematics Advanced

Year 11 Accelerated Mathematics Distinguished Achievers



Angelina Mann
Mathematics Advanced
Mathematics Extension 1



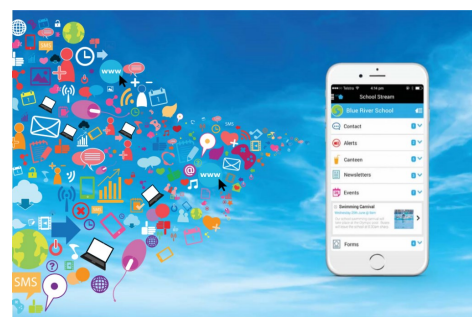
Savvas Touma
Mathematics Advanced



Pete Vongsikeo
Mathematics Advanced

Download our School App School Stream

Available on iOS/iPhone and Android Play Store



Please speak to your child's Year Advisors if you require student assistance.

St. John's Park High School ensures that student, parent and staff privacy in our newsletter is maintained. If photographs or written material offend or permission was not given please contact the school and notify Lisa Ida or Renee Carniato. We apologise for any inconvenience.

St Johns Park High School

Address : Mimosa Rd, Greenfield Park NSW 2716
Phone: (02) 9610-8035 Fax: (02) 9823-7827

E-mail: stjohnspk-h.school@det.nsw.edu.au



@SJPHS



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School Stream App

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Mimosa Road, St Johns Park 2176

T: 9610 8035